

MEAT, FISH, AND POULTRY No.L 006 00
SUKIYAKI

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
219 cal	9 g	27 g	8 g	70 mg	770 mg	48 mg

Ingredient

Weight

Measure

Issue

BEEF,OVEN ROAST,TEMPERED	25 lbs		
SOY SAUCE	2-1/2 lbs	1 qts	
SUGAR,GRANULATED	7 oz	1 cup	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
MUSHROOMS,CANNED,DRAINED	13-3/4 oz	2-1/2 cup	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
CELERY,FRESH,SLICED	8 lbs	1 gal 3-5/8 qts	11 lbs
ONIONS,FRESH,SLICED	5 lbs	1 gal 7/8 qts	5-1/2 lbs
PEPPERS,GREEN,FRESH,JULIENNE	3 lbs	2 qts 1-1/8 cup	3-2/3 lbs
ONIONS,GREEN,FRESH,SLICED	5 lbs	1 gal 1-2/3 qts	5-1/2 lbs
BEAN SPROUTS,CANNED,DRAINED	3-1/4 lbs	2 qts 3-1/2 cup	

Method

- 1 Slice beef into 1/8-inch thick slices. Cut slices into strips 2 inches long and 1/2-inch wide. Set aside for use in Step 5.
- 2 Combine soy sauce, sugar, pepper and mushrooms. Set aside for use in Step 8.
- 3 Lightly spray steam-jacketed kettle or stock pot.
- 4 Add celery; saute 1-1/2 minutes, stirring constantly.
- 5 Add beef strips; continue stir frying 1-1/2 minutes.
- 6 Add onions; stir-fry 1-1/2 minutes.
- 7 Add green peppers; stir-fry 1 minute.
- 8 Add mushroom sauce mixture, green onions and bean sprouts; stir-fry 30 seconds. Remove from heat. CCP: Internal temperature must reach 155 F. or higher for 15 seconds.
- 9 CCP: Hold at 140 F. or higher for service.